

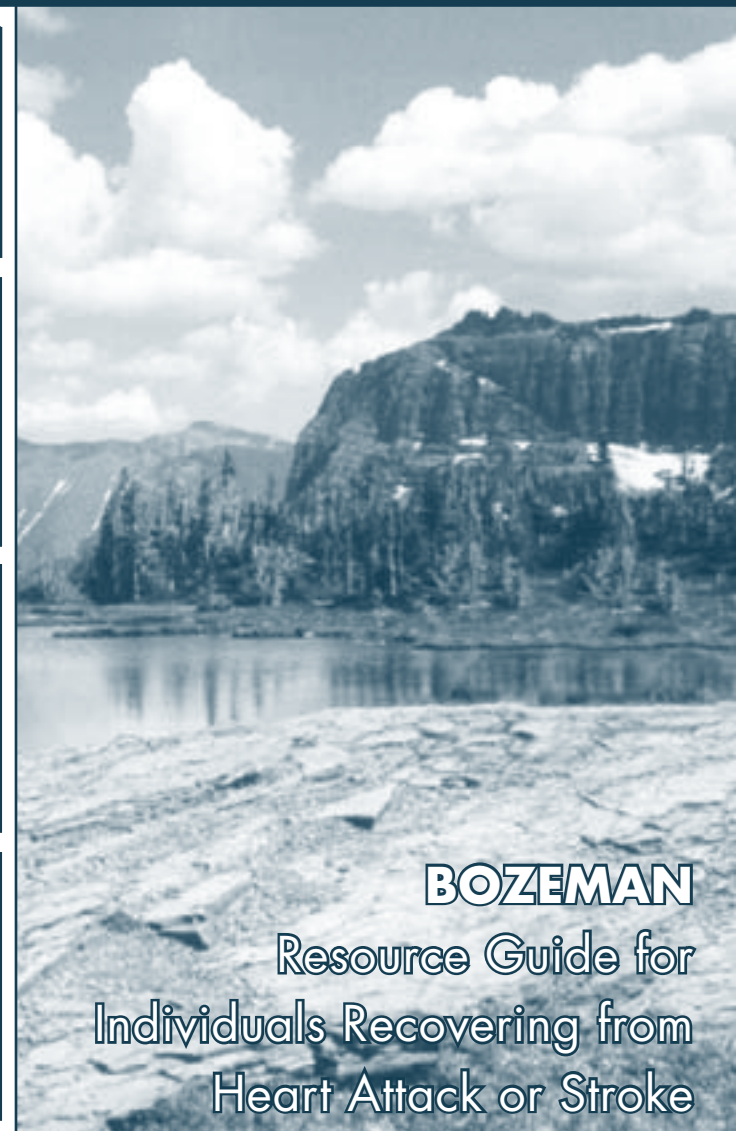


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## BOZEMAN Resource Guide for Individuals Recovering from Heart Attack or Stroke

## Bozeman Resource Guide for Individuals Recovering from Heart Attack or Stroke

If you have had a heart attack or stroke, you're at a higher risk for having another one. Other risk factors include smoking, diabetes, high cholesterol levels, high blood pressure, obesity, and physical inactivity. The more risk factors you have, the greater your chances of having another heart attack or stroke.

Lifestyle changes, combined with medical care, can reduce your risk of having another heart attack or stroke.

This resource guide provides names, addresses and phone numbers of Bozeman area programs and services that can help you reduce your risk factors.

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This document is also posted on the Montana  
Cardiovascular Health Program web site at  
<http://montanacardiovascular.mt.gov>

## Questions?

If you have questions about this resource guide, contact:

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## Cardiac Rehabilitation

Cardiac rehabilitation (rehab) is an individualized, medically supervised program of physical activity, education, lifestyle changes, and emotional support. It is for people who have had a heart attack, coronary bypass surgery, angioplasty, stent or valve surgeries.

**The goal of cardiac rehab is to help you return to and maintain your best possible physical and emotional condition.**

### **Bozeman Deaconess Hospital Cardiac Pulmonary Rehabilitation & Adult Health and Wellness**

915 Highland Boulevard  
Bozeman, Montana 59715  
Phone: (406) 585-5040 Fax: (406) 522-1662  
[www.bozemandeaconess.org](http://www.bozemandeaconess.org)  
Manager: Terry Dutro, RN BC, BSN

Cardiac Services: Individualized and medically supervised health programs for people who have had a heart attack, coronary bypass surgery, angioplasty, stent or valve surgery. These programs include physical activity, smoking cessation, nutrition education, diabetes management, and specialty clinics.

### **Gallatin Community Clinic – downtown Bozeman**

214 E. Mendenhall Street  
Bozeman, Montana 59715  
Phone: (406) 585-1360  
[www.chphealth.org](http://www.chphealth.org)  
Director: Buck Taylor

Services: A special collaborative program for patients with cardiovascular disease, diabetes and depression is available. Provide primary medical care for adults that include prescription drug assistance, case management, mental health services, and dental care. Accept all forms of insurance including Medicaid, Medicare and CHIP. Base charges on a sliding fee scale based on patient income.

## Stroke Rehabilitation

Stroke rehabilitation is an individualized, medically supervised program that includes physical activity, education, lifestyle adaptations and emotional support for people who have had a stroke.

**The goal of stroke rehabilitation is to help you return to and maintain your best possible physical and emotional condition.**

### Bozeman Deaconess Hospital

#### Physical Therapy Services

915 Highland Blvd

Bozeman, Montana 59715

Phone: (406) 585-1002;

Fax: (406) 522-1662

[www.bozemandeaconess.org](http://www.bozemandeaconess.org)

Manager: Leo M. Dusek, PT

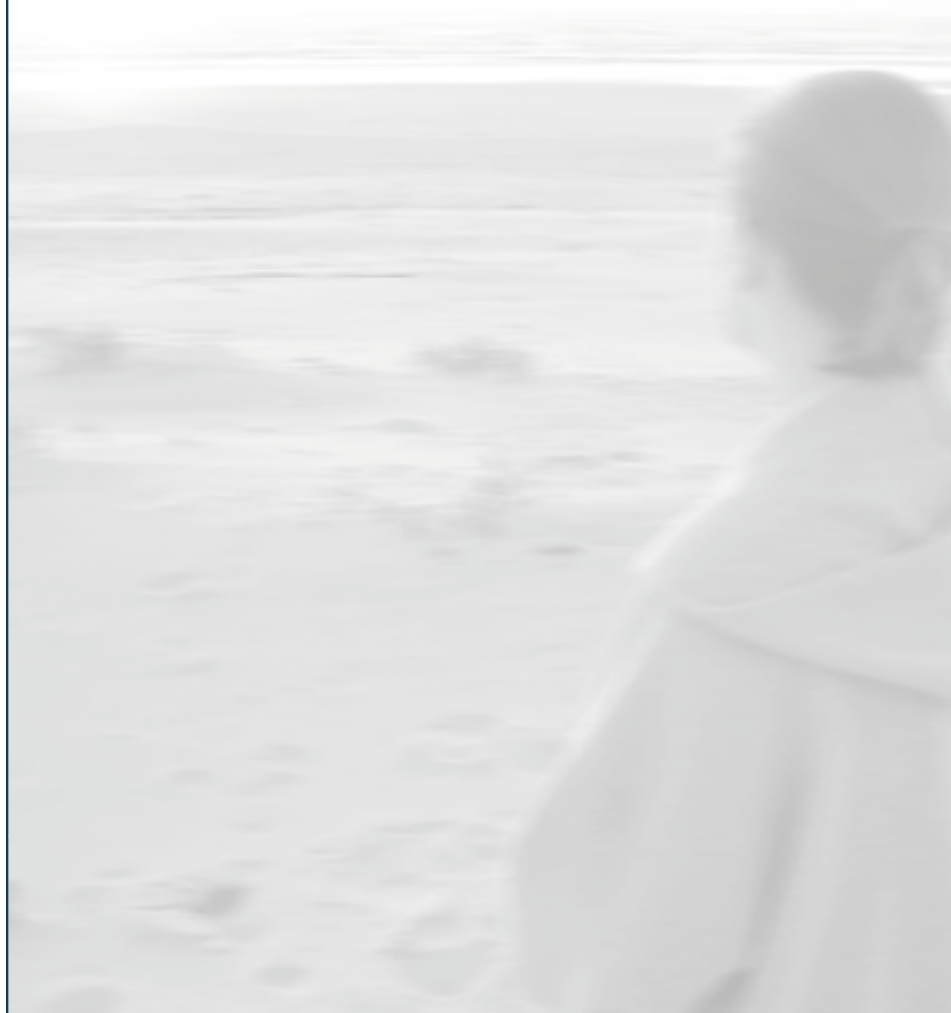
#### Services:

Medically supervised physical, occupational and speech therapy services for both inpatients and outpatients. Services include evaluation and treatment of strokes, neuromuscular re-education, measuring and fitting vascular garments, gait training, and aquatic therapy.



## Acknowledgements

The Montana Cardiovascular Program would like to thank the following individuals and organizations for their time and help in assembling this resource guide: Stephanie Nelson, at the Gallatin County Health Department; Terry Dutro, Sara Van Riet, and Leo Dusek from the Bozeman Deaconess Hospital; Buck Taylor, at the Gallatin County Clinic; and Craig Stewart and Katie Bark at Montana State University.



## What do you think?

Please take a moment to answer a few questions about the usability of this Bozeman-area guide.

1. Was this guide useful? ☐ Yes ☐ No

2. Which sections did you use as a reference?

- ☐ Cardiac Rehab
- ☐ Stroke Rehab
- ☐ Diabetes Management Programs
- ☐ Nutrition Education/Counseling
- ☐ Physical Activity
- ☐ Prescription Drug Patient Assistant Program
- ☐ Smoking Cessation
- ☐ Spiritual Resources
- ☐ Community Services & Resources
- ☐ Consumer Health Information

3. What other kinds of information would be useful to include in this guide?

4. Other comments or suggestions:

Please return this form to:

Crystelle Fogle, MS, MBA, RD  
Montana Cardiovascular Health Program  
Montana Department of Public Health & Human Services  
PO Box 202951  
Helena, Montana 59620-2951

## Diabetes Management

The goal of diabetes management is to equip people living with diabetes with the knowledge and skills to manage their condition and maintain optimum health.

Diabetes management is for individuals diagnosed with type 1, type 2 or gestational diabetes and their families. Components include nutrition education, meal planning, foot care, medication education, insulin administration, glucose monitoring, stress management, personal health care, and risk reduction. These programs help people manage their diabetes to minimize complications.

### **Bozeman Deaconess Hospital Diabetes Education**

120 N. 19th Ave., Suite D  
Bozeman, Montana 59718  
Phone: (406) 522-4600; Fax: (406) 522-4656  
Manager: Sarah Van Riet, RD, CDE

**Services:** Diabetes Self-Management Program that provides diabetes education and training – topics include foot care, nutrition education, medications, insulin administration, blood glucose monitoring, physical activity, meal planning, stress management and risk reduction; monthly, day-long Diabetes Education workshop; and a Community Diabetes Support Group.

### **Gallatin Community Clinic**

214 E. Mendenhall  
Bozeman, Montana 59715  
Phone: (406) 585-1360  
M-W-F 8am-5pm; and T-Th 8am-7pm  
Director: Buck Taylor

**Services:** A special collaborative program for patients with diabetes, cardiovascular disease and depression is available. Provide primary medical care for adults that include prescription drug assistance, case management, mental health services, and dental care. Accept all forms of insurance including Medicaid, Medicare and CHIP. Base charges on a sliding fee scale based on patient income.

## Nutrition Education/Counseling

Your doctor may recommend nutrition counseling for cholesterol reduction, weight control, diabetes management, and sodium reduction or fluid restriction. Registered Dietitians (RDs) are nutrition professionals who can help you reach your health goals safely and sensibly.

### **Bozeman Deaconess Hospital Nutritional Services**

120 N. 19th Ave, Suite D  
Bozeman, Montana 59715  
Phone: (406) 522-4656

**Services:** Nutrition specialists offer private consultation in nutrition instruction, evaluation of nutritional status, and follow-up sessions to meet your individual needs. Provides sound, practical advice along with educational materials.

### **Marion Bachra, MS, RD, LN Licensed Clinical Nutritionist**

Phone: (406) 586-1833

**Services:** Customized, medical nutrition therapy for the recovery and management of cardiovascular disease and diabetes. Comprehensive nutritional assessments and recommendations.

### **MSU Extension Food & Nutrition Office**

101 Romney  
PO Box 173360  
Bozeman, Montana 59717-3360  
Phone: (406) 994-5702  
M-F 8am-5pm  
[www.montana.edu/extensionnutrition/](http://www.montana.edu/extensionnutrition/)

**Services:** An educational resource dedicated to improving the quality of people's lives by providing research-based knowledge on food and nutrition; promoting health and preventing disease; food safety; nutrition education programs; Montana food and nutrition services; and information resources – diabetes, disordered eating, recipes, supplements, food labels, nutrients, diet analysis, etc.

Montana Dietetic Association: Montana "Healthy Families" materials  
**[www.montanadieticassociation.org](http://www.montanadieticassociation.org)**  
click on "Healthy Families Media Campaign."

National Heart, Lung, and Blood Institute  
**[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)**

Google – internet search engine  
**[www.google.com](http://www.google.com)**  
and type in a subject or question

Montana Association of Cardiovascular &  
Pulmonary Rehabilitation  
**[www.angelfire.com/mt2/macvpr/](http://www.angelfire.com/mt2/macvpr/)**





## Consumer Health Information

These organizations and web sites are sources of reliable medical and health information.

### **Health Information Center Bozeman Deaconess Hospital**

935 Highland Blvd, Suite 2100  
Bozeman, Montana 59715  
Phone: (406) 522-1644  
Email: [healthinfo@bdh-boz.com](mailto:healthinfo@bdh-boz.com)  
[www.bozemandeaconess.org](http://www.bozemandeaconess.org)

**Services:** Health Information Center goal is to provide access to reliable consumer health information. Topics include wellness, prevention, specific disease and conditions, and general health related issues. Takes phone and email requests.

### **LaurusHealth**

Phone: 1-800-452-8787 (toll free)  
[www.laurushealth.com](http://www.laurushealth.com)

**Services:** 24 hour access to health information and a local physician directory.

American Council on Exercise: Cardiovascular Exercise Fit Facts  
[www.acefitness.org/fitfacts/fitfacts\\_list.cfm#1](http://www.acefitness.org/fitfacts/fitfacts_list.cfm#1)

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

American Stroke Association  
[www.strokeassociation.org](http://www.strokeassociation.org)

Bozeman Deaconess Hospital  
[www.bozemandeaconess.org](http://www.bozemandeaconess.org)

Community Medical Center  
[www.communitymed.org](http://www.communitymed.org)

Montana Cardiovascular Health Program  
<http://montanacardiovascular.mt.gov>

### **Nutrition Counseling at the Ridge Bozeman Deaconess Dietician Services**

4181 Fallon Ave.  
Bozeman, Montana 59715  
Phone: (406) 586-1737

**Services:** Nutritionists offer private consultation in nutrition instruction, evaluation of nutritional status, and follow-up sessions to meet your individual needs. Provides sound, practical advice along with educational materials.



## Physical Activity

These programs and facilities can help you to improve your health by increasing your physical activity level. Physical activity can improve circulation, digestion, breathing, sleep, mental alertness, strength, endurance, balance and decrease anxiety levels. Be sure to check with your physician before starting a physical activity program.

### **Alta Physical Therapy & Fitness**

2430 N. 7th Ave. #2

Bozeman, Montana 59715

Phone & Fax: (406) 586-2772

**Services:** Catering to the young at heart, ages 50-90. Stage 3 cardiac rehab, monitored exercises (blood pressure, oxygen saturation), swimming pool, and physical therapy services. Month by month payment schedule.

### **Body in Balance Pilates Studio**

11 E. Main

Bozeman, Montana 59715

Phone: (406) 522-4054

**Services:** Pilates elongates the spine, increasing the elasticity of the muscles and the flexibility of the joints. Incorporates balance and breath work. Also uses stability balls.

### **Bozeman Deaconess Hospital**

#### **Cardiac and Pulmonary Rehabilitation & Adult Health and Wellness**

915 Highland Blvd

Bozeman, Montana 59715

Phone: (406) 585-5040; Fax: (406) 522-1662

[www.bozemandeaconess.org](http://www.bozemandeaconess.org)

Manager: Terry Dutro, RN, BC, BSN

**Services:** Medically supervised health program that includes physical activity, nutrition education, diabetes management, smoking cessation, and specialty clinics and programs.

### **Curves for Women**

1928 North 22nd Ave., Suite 2

Bozeman, Montana 59718

Phone: (406) 522-8251

### **Curves for Women**

95 Spanish Peak Drive

Bozeman, Montana 59718

Phone: (406) 582-9496

**Services:** Women's fitness center that offers warm-up exercise, cardio exercise, strength training, cool down and stretching through the use of simple, hydraulic resistance. Also offer weight management class.

## **Montana Nutrition and Physical Activity Program**

### **MSU Campus**

Bozeman, Montana 59717-3360

Phone: (406) 994-5734; Fax: (406) 994-5699

**Services:** Science based nutrition and physical activity interventions to decrease the prevalence of obesity and other chronic diseases and improve the health of Montanans through policy and environmental change and statewide/community interventions focusing on nutrition, physical activity and obesity prevention.

### **Nurse First**

Phone: 1-800-362-8312 Montana Medicaid Help Line and ask for toll free Nurse First Advice Line or Nurse First Disease Management Program

**Services:** For Montana Medicaid clients only. Nurse First Advice Line is a toll free service staffed by registered nurses 24 hours a day, 7 days a week. Medicaid clients can call whenever they are sick, hurt, or have a health concern.

Nurse First Disease Management Program is for Medicaid clients who have asthma, diabetes, heart failure, or chronic pain. Medicaid clients receive case management support.

### **Social Security Administration**

Martel Center, Suite 2A

220 W. Lamme

Bozeman, Montana 59715

Phone: (406) 586-4501

M-F 8am-4pm

[www.ssa.gov](http://www.ssa.gov)

**Services:** Administers the Social Security program. Answers questions and handles problems when applying for retirement, disability and survivor benefits.



### **Gallatin Valley Food Bank**

602 Bond Street  
Bozeman, Montana 59715  
Phone: (406) 586-7600  
M-F 1pm-4pm  
[www.thehrdc.org/foodbank.php](http://www.thehrdc.org/foodbank.php)

**Services:** Collects and distributes donated and purchased foods to residents in the Gallatin County who are in an emergency situation and have no food or money to purchase food. Also have a commodities program for seniors. Cooking and nutrition courses are offered on a regular basis through the MSU Extension Service.

### **Human Resource Development Council (HRDC)**

32 S. Tracy  
Bozeman, Montana 59715  
Phone: (406) 587-4486 Fax: 406-585-3538  
M-F 8am-5pm  
[www.thehrdc.org](http://www.thehrdc.org)

**Services:** HRDC is a referral source for many agencies that specialize in affordable housing, case management, community development, emergency housing, energy assistance, energy conservation and food assistance.

### **Meals-on-Wheels Bozeman Senior Center**

807 N. Tracy  
Bozeman, Montana 59715  
Phone: (406) 586-2421; Fax: (406) 586-7739  
M-F 8:30am-4:30pm  
[www.montanaseniorcenter.org](http://www.montanaseniorcenter.org)

**Services:** Nutritionally balanced meals for the disabled and homebound. Special salads and desserts are available for people with diabetes. Low sodium diets available. Meals offered at the center or delivered. Meals-on-Wheels is available in Bozeman, Belgrade, Manhattan, Three Forks and West Yellowstone. Physicians, nurses, agencies, family and friends can make referrals.

### **Employee Wellness**

225 Romney Gym  
MSU Campus  
Bozeman, Montana 59717  
Phone: (406) 994-6348  
[wellness@montana.edu](mailto:wellness@montana.edu)  
Contact: Barbara Wheeler

**Services:** All MSU Bozeman employees, spouses, and retirees covered by the MSU health care plan are eligible for these services. Disease prevention, wellness screenings, heart health, high blood pressure, confidential counseling services, stress management, mental health, and walk to wellness.

### **Nancy Ruby's YogaMotion Emerson Cultural Center**

111 S. Grand Ave., Suite 285  
Bozeman, Montana 59715  
Phone: (406) 585-9600  
<http://yogamotion.com>

**Services:** Yogamotion offers a practical approach to yoga. It combines body alignment, breathing, and movement. Classes include gentle yoga, introduction to yoga, level 1, level 2, introduction to meditation, restorative yoga, and yoga for women.

### **Peak Bodies Pilates**

600 N. Wallace  
Bozeman, Montana 59715  
Phone: (406) 586-7325; Fax: 406-586-0740

**Services:** Pilates elongates the spine, increasing the elasticity of the muscles and the flexibility of the joints. Pilates also includes breath work and concentration. Massage therapy also available.

### **The Club in Bozeman**

448 E. Main  
Bozeman, Montana 59715  
Phone: (406) 587-8866  
[www.theclubinbozeman.com](http://www.theclubinbozeman.com)

**Services:** All staff CPR, AED and first aid certified. Individual cardio theater screens. Small group classes in yoga, Pilates and cycling. Personal training.

### **The Ridge Athletic Club**

4181 Fallon Ave.  
Bozeman, Montana 59715  
Phone: (406) 586-1737  
[www.ridgeathletic.com](http://www.ridgeathletic.com)

### **The Ridge Downtown**

111 E. Mendenhall  
Bozeman, Montana 59715  
Phone: (406) 586-0077

**Services:** Swimming pool, therapy pool, gymnasium, racquet ball, squash, handball, group fitness, lifestyle center, massage, climbing wall, personal trainers, strength training equipment, cardiovascular equipment, water aerobics classes, basketball, volleyball and lap swim. Physical therapy offered in conjunction with Bozeman Deaconess Hospital physical therapy department.

### **Young at Heart**

124 Hosaeus PE Complex  
MSU Campus  
Bozeman, Montana 59717  
Phone: (406) 994-6316  
[www.montana.edu/wwwhhd/youngatheart.htm](http://www.montana.edu/wwwhhd/youngatheart.htm)

**Services:** A nonprofit exercise program for adults 40 and over who wish to maintain and/or improve their overall health. Classes include chair exercise, beginning water works, conditioning plus, water aerobics, arthritis water exercise, lap swimming, Tai Chi, and strength training.



## **Community Services & Resources**

Heart attacks and strokes can impact your ability to provide for yourself and your dependents. These services can help you with food, housing, medical assistance and community resources.

### **Case Management Services**

#### **Human Resource Development Council**

321 E. Main, Suite 300  
Bozeman, Montana 59715  
Phone: (406) 586-3134  
M-F 8am-5pm

**Services:** Case management provides coordination of services, such as homemaker services, life line, nutrition, transportation and minor home modifications for the elderly and disabled so that they may stay in their homes as long as safely possible.

### **Gallatin Community Clinic**

214 E. Mendenhall  
Bozeman, Montana 59715  
Phone: (406) 585-1360  
M-W-F 8am-5pm; and T-Th 8am-7pm  
[www.chphealth.org](http://www.chphealth.org)  
Director: Buck Taylor

**Services:** Provides a variety of primary and prevention health care services to people who would not be able to afford health care.

### **Gallatin County Office of Public Assistance**

237 W. Main  
Bozeman, Montana 59715  
Phone: (406) 582-3010  
M-F 8am-5pm

**Services:** Offers temporary assistance for needy families. Administers the Food Stamp program and Medicaid program. All programs have income and resource limits as well as some other eligibility requirements.

## Parish Nurses Gallatin County Parishes

Bozeman United Methodist Church  
Bonnie Hash . . . . . Phone: (406) 586-5413

Christ the King Lutheran  
Donna Dehn . . . . . Phone: (406) 586-5747  
Sharon Erickson . . . . . Phone: (406) 587-4131

Hope Lutheran  
Patricia Hermanson . . . . . Phone: (406) 586-7154

**Services:** The parish nurse provides health education, screening and health counseling, as well as referral and support. The parish nurse can support someone through a health crisis or assist a person desiring to maintain a lifestyle change. The parish nurse may also have available a network of volunteers from the faith community to assist persons with needs. Each parish nurse or health ministry program is unique to a faith community and will vary with the types of services provided.

## Spiritual Care Bozeman Deaconess Hospital

915 Highland Blvd  
Bozeman, Montana 59715  
Phone: (406) 585-5073; Fax: 406-585-1070  
[www.bozemandeaconess.org](http://www.bozemandeaconess.org)

**Services:** To provide spiritual care to patients and family members which include spiritual visitation; medical ethical counseling; prayer, rituals & sacraments on request; 24 hour emergency care; spiritual community referrals; Christian Service of Holy Eucharist in the chapel every Wednesday and Sunday at noon; confidentiality and assistance in the transition from home to hospital.

## Prescription Drug Patient Assistance Programs

There is help available for people who have no insurance and can't afford to purchase their medicines. Many pharmaceutical companies have patient assistance programs that provide selected prescription medicines free of charge to physicians with patients who cannot afford necessary medicines. The sources below can help locate assistance.

### Gallatin Community Clinic – downtown Bozeman

214 E. Mendenhall Street  
Bozeman, Montana 59715  
Phone: (406) 585-1360  
M-W-F 8am-5pm; and T-Th 8am-7pm  
[www.chphealth.org](http://www.chphealth.org)  
Director: Buck Taylor

**Services:** Provide primary medical care for adults that include prescription drug assistance, case management, mental health services, and dental care. Accept all forms of insurance including Medicaid, Medicare and CHIP. Base charges on a sliding fee scale based on patient income. A special collaborative program for patients with cardiovascular disease, diabetes and depression is available.

### NeedyMeds.com [www.needymeds.com](http://www.needymeds.com)

**Services:** NeedyMeds is an information source. It has a listing of pharmaceutical company programs, medications and applications for many of the programs.

### The Partnership for Prescription Assistance Program

Phone: 1-888-477-2669 (toll free)  
[www.pparx.org](http://www.pparx.org) - click on Patient Assistance Program-type in name of medicine

**Services:** Collaboration of pharmaceutical companies, physicians, health care providers, patient advocacy groups and community groups helping people get the medicines they need.

### The Pharmaceutical Research and Manufactures of America – (PhRMA) [www.phrma.org](http://www.phrma.org) -

click on Patient Assistance Program–click on Patients–type in name of medicine

**Services:** Online directory of patient programs for selected prescription medicines. The directory lists pharmaceutical companies, medications covered, and basic eligibility criteria. This directory only includes companies that are members of PhRMA.

## Smoking Cessation

If you smoke and want to quit, help is available. Smoking increases the risk of heart attack and stroke. The more you smoke, the higher your risk. When you stop or cut down, your risk starts to drop.

### **Tobacco Free Gallatin**

404 W. Main  
Bozeman, Montana 59715  
Phone: (406) 522-6019  
Laurissa Stigen

**Services:** Public awareness and educational materials. Tracks public ordinances, distributes brochures and flyers, collaborates with Bozeman Deaconess on smoking cessation classes.

### **Tobacco Quit Line**

#### **Montana Tobacco Use Prevention Program**

PO Box 202951  
Helena, Montana 59620  
Phone: 1-866-485-QUIT (7848) (toll free)  
Fax: 800-261-6259  
M-Th 7am-9pm; F 7am-7pm; S-S 8am-4:30pm

**Services:** The Tobacco Quit Line is a free phone service for all Montanans. Smokers, chewers, family members, and health care providers are all welcome to call for tobacco cessation information. If desired, an individual may enroll in a six-week counseling program. The six-week counseling program includes free nicotine (patches or gum) replacement therapy unless covered by an individual's health insurance. Health care workers can fax referrals directly.

### **Bozeman Deaconess Hospital**

915 Highland Blvd  
Bozeman, Montana 59715  
Phone: (406) 522-1644  
E-mail: [healthinfo@bdh-boz.com](mailto:healthinfo@bdh-boz.com)

**Services:** Quaternary tobacco cessation available. Contact the Health Information Center at Bozeman Deaconess for cost and schedule information.

## Spiritual Resources

Heart attacks and strokes affect more than your physical abilities. These area resources can help you to heal mentally, emotionally and spiritually.

### **Mended Hearts, Inc.**

Gallatin Chapter #75  
Bozeman Deaconess Hospital  
Cardiac & Pulmonary Rehabilitation  
Phone: 1-888-432-7899 (toll free)  
Phone: Cardiac Rehab Unit @ (406) 585-5040  
[www.mendedhearts.org](http://www.mendedhearts.org)

**Services:** Nonprofit organization dedicated to inspiring hope in heart disease patients and their families. Partner with hospitals and rehabilitation clinics to help those affected with heart disease to have a positive patient-care experience. Provide a visiting program, group support meetings and educational forums.

### **Palliative Care - LifeChoices Bozeman Deaconess Hospital**

915 Highland Blvd  
Bozeman, Montana 59715  
Phone: (406) 556-5546 Fax: 406-585-1073  
[www.bozemandeaconess.org](http://www.bozemandeaconess.org)

**Services:** LifeChoices is a program of palliative care – a team approach to medicine that focuses on managing the pain, symptoms, and emotional distress that can accompany serious illness. It is designed to support any other treatment patients receive. LifeChoices emphasizes the quality of life and supporting individual and family centered decision-making. LifeChoices Team consists of a physician, nurse, social worker and spiritual coordinator.